



Health and Wellness 101

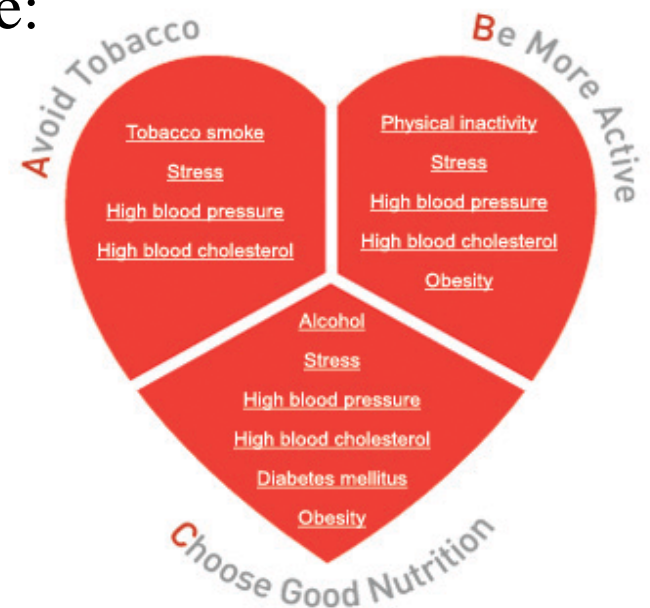
Major Causes of Disease and Illness

Chronic diseases – such as heart disease, stroke, cancer, diabetes, and arthritis – are among the most common, costly, and preventable of all health problems in the United States.

■ The major causes of death and disability are:

- ❑ Tobacco use
- ❑ Unhealthy eating
- ❑ Sedentary lifestyle
- ❑ Unhealthy alcohol use

Source: NH Citizens Health Initiative

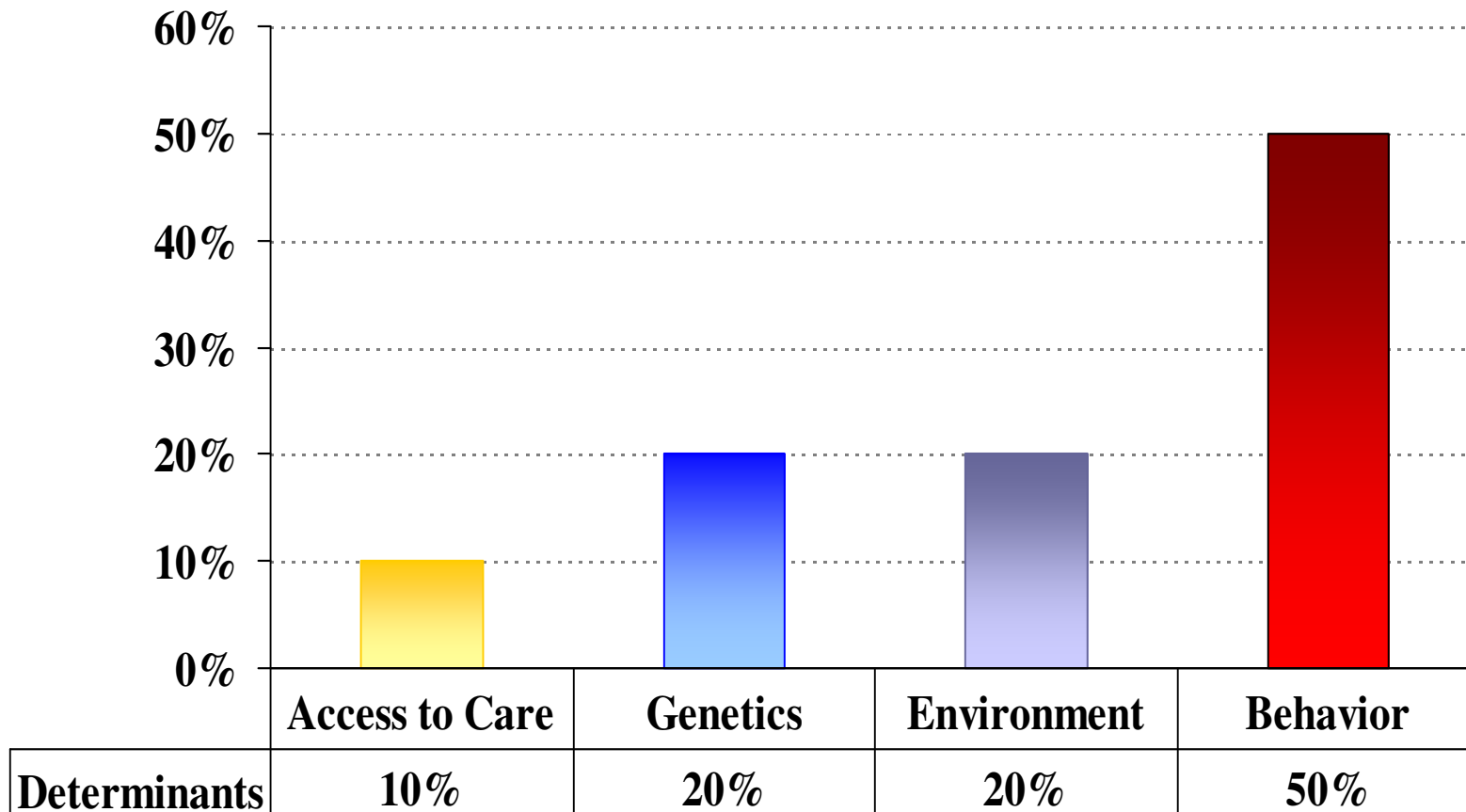


According to the U.S. Centers for Disease Control & Prevention, Chronic Disease...



- **Affects nearly half of all Americans**
- **Causes 7 out of 10 premature deaths**
- **Consumes 75 percent of health care expenditures**
- **Are the most common & costly of all health problems**
- **The most PREVENTABLE**

Behavior is a Key Factor in Health!



Source: Centers for Disease Control and Prevention

Healthy Eating Active Living



What do we mean by Healthy Eating?

The Dietary Guidelines for Americans describe a healthy diet as one that:

- **Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;**
- **Includes lean meats, poultry, fish, beans, eggs, and nuts; and**
- **Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars**

Only 28% of NH adults and 22% of teens consume the recommended amount of fruits and vegetables

www.ChooseMyPlate.gov

Dietary Guideline Recommendations



Build a healthy plate

- Make ½ your plate fruits and vegetables
- Switch to skim or 1% milk
- Make at least ½ your grains whole
- Vary your protein food choices (e.g., more seafood and beans)

Eat the right amount of calories for you

- Enjoy your food, but eat less

Cut back on foods high in solid fats, added sugars, and salt

- Choose foods and drinks with little or no added sugars
- Look out for salt (sodium) in foods you buy – it all adds up
- Eat fewer foods that are high in solid fats (e.g., cakes, ice cream, pizza, sausage)

Healthy Eating Active Living

What do we mean by Active Living?

U.S. Surgeon General, CDC, American College of Sports Medicine recommends:

- Minimum of 30 minutes
- Moderate-intense physical activity
- Most days of the week.



Approximately 53% of NH adults and 46% of youth report being physically active

Benefits of Active Living

- Helps people achieve and maintain a healthy weight
- Reduces feelings of stress, anxiety & depression
- Builds and maintains healthy bones, muscles & joints
- Boosts energy level
- Improves quality of sleep

Physical Activity Reduces the risk of

- Dying from heart disease or stroke
- Developing high blood pressure, cholesterol & diabetes
- Becoming obese
- Developing osteoporosis – exercise builds strong bones & muscles

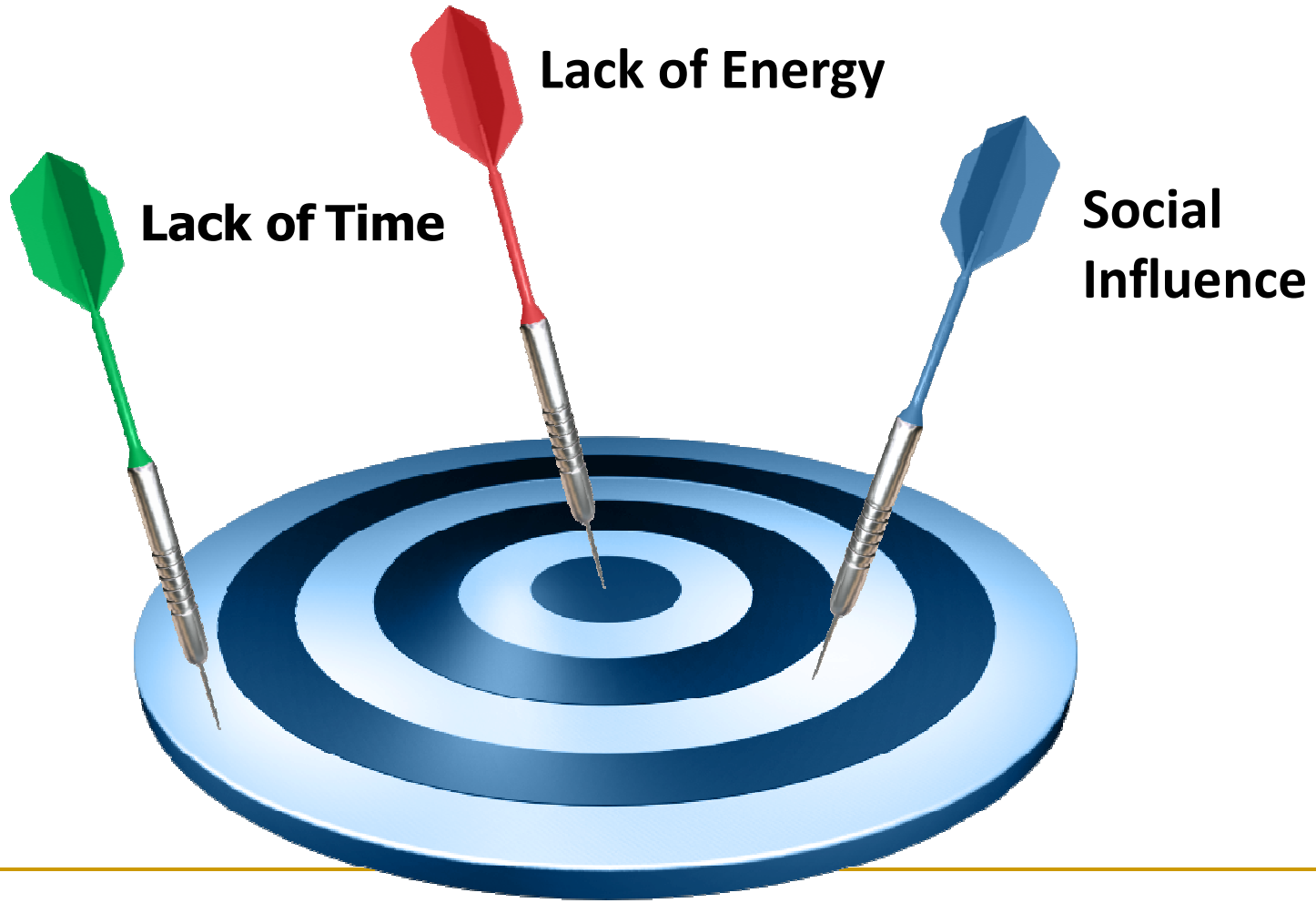


What is the best exercise?



Anything that gets you moving!

Overcoming Those Barriers....



Making Physical Activity a Part of Your Life



There are 1440 minutes in every day...

Schedule 30 of them for physical activity.

Tobacco Cessation



Why are we still talking about this?

Each year an estimated 1,700 people die prematurely from smoking-related illnesses in New Hampshire. An additional 200 die each year from exposure to secondhand smoke.

Despite these health risks, an estimated 160,000 adults continue to smoke

Exposure to second and third-hand smoke can also cause serious disease and death, including lung cancer, heart disease, asthma difficulties, and sudden infant death syndrome. Spit tobacco, cigars, and pipes are not safer than cigarettes and can cause lung, larynx, esophageal, and oral cancers.

However.....

*16% of NH adults and 21% of NH
teens are current smokers*

Tobacco Cessation Resources



- FDA-Approved Medication coverage is available when you get a prescription from your health care provider.

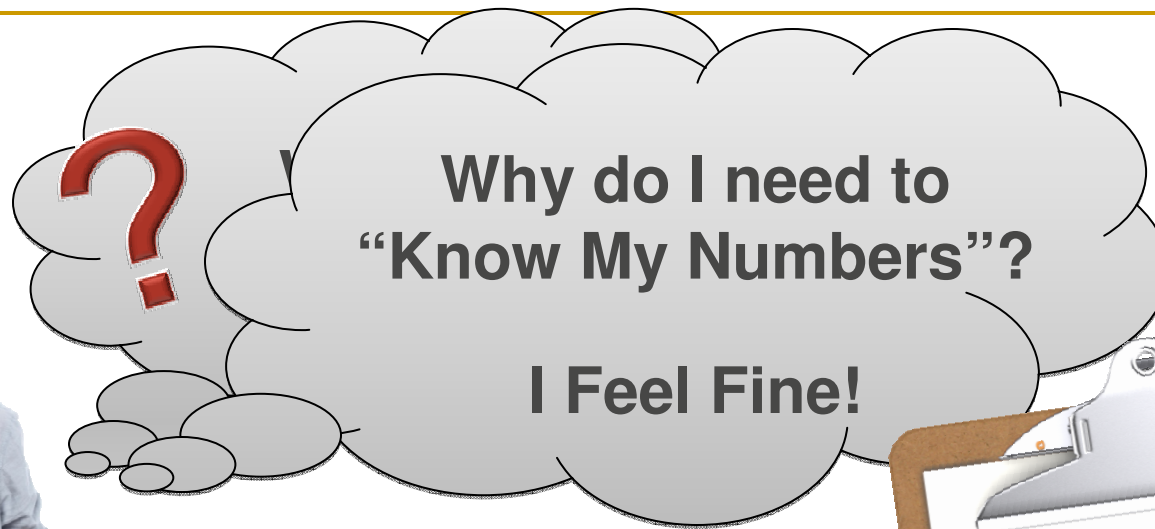
- Tobacco Cessation Counseling
 - Employee Assistance Program
 - NH Tobacco Helpline 1-800-QUIT-NOW
 - Anthem Healthy Lifestyles Program – QuitNet
 - Community Health Education Providers

For more information, call 603-271-4103

Know Your Numbers



RESSURE • WEIGHT • BODY MASS INDEX • WAIST MEASUREMENT • BLOOD PRESS
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Biometrics:
Test used to identify risk factors that could lead to chronic disease



Mental Health

Did You Know...

- 1 in 2 Americans has a diagnosable mental disorder each year, including 44 million adults & 13.7 million children
- 80 to 90 percent of mental disorders are treatable using medication and other therapies
- 75% of the general population experiences at least "some stress" every two weeks
(National Health Interview Survey).
- Physical or emotional tension are often signs of stress



The Health Resource Network

The Best Ways to Manage Stress is with Self-Care:

- **Avoid drugs and alcohol** – They can create more problems and add to your stress-instead of relieving it
- **Find support** – Seek help from a partner, family member, friend counselor, doctor, clergyperson, or contact the Employee Assistance Program (603) 271-4336
- **Connect socially** – Consider planning fun activities with your partner, children, or friends
- **Take care of yourself** – Stay active, get plenty of sleep, treat yourself, eat a healthy diet, make it a routine



Mental Health Stress Busters...

- Random Acts of Kindness
- Just Say NO
- Take Charge
- Stay in Touch
- Smile...Laugh!
- Physical Activity
- Personal Time



Family Health History

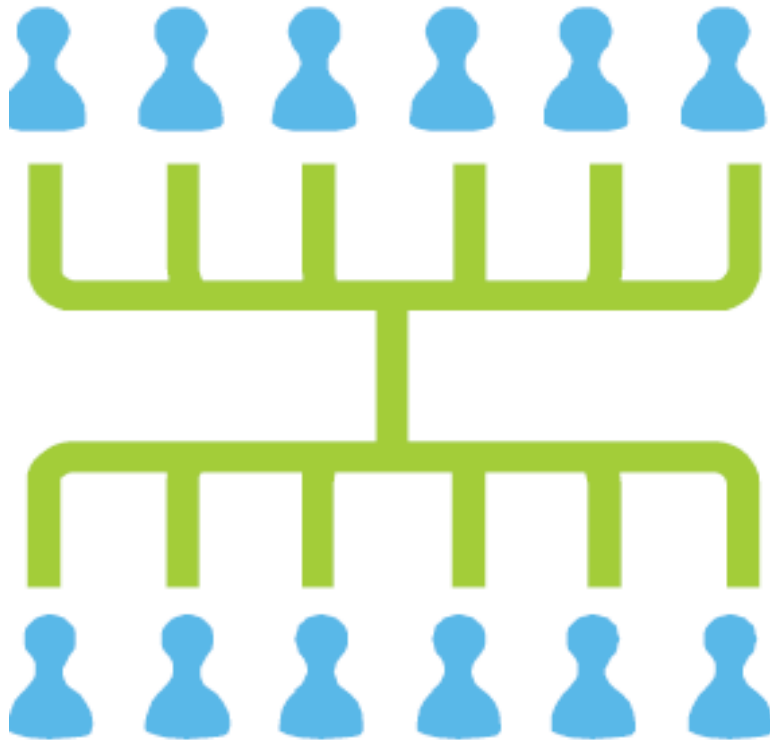
Know Yourself & Your Risks

Your parents and ancestors help determine some of who you are. Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.



My Family Health Portrait

Using *My Family Health Portrait*
you can:



- Enter your family health history
- Print your family health history to share with family or your health care worker
- Save your family health history so you can update it over time
- Talk with your health care worker about your family health history so they can help you stay healthy!
- Learn more at:

<https://familyhistory.hhs.gov>

Oral Health and Wellness

Research shows poor oral health can contribute to disease and exacerbate conditions such as heart disease, diabetes, and others.

Oral Health Self Care:

- Commit to daily oral health routine
- If you use tobacco, quit!
- Limit sugar sweetened beverages
- Visit the dentist office regularly



Additional Health and Safety Tips

Be Safe – Protect Yourself

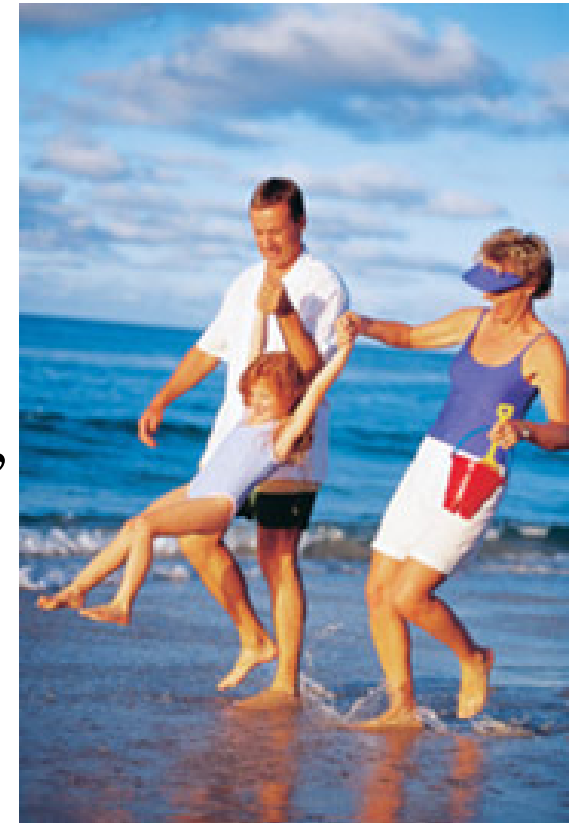
What comes to mind when you think about safety and protecting yourself? Is it fastening seat belts, applying sunscreen, wearing helmets, or having smoke and carbon monoxide detectors? It's all of these and more. Take steps to protect yourself and others wherever you are. Don't forget, you are a role model to others!



Summary of Main Points

- **Be Good To Yourself!**

- Great health is not merely the absence of disease; it's a lifestyle
- Take steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your everyday life
- Make it a routine and practice health and wellness your way!



Where Can You Get More Information?

- Local Health Education Programs
- Your Health Care Provider
- Employee Assistance Program: 603-271-4336
- www.cdc.gov
- www.anthem.com
 - 800-933-8415
- www.healnh.org
- www.webmd.com
- www.healthfinder.gov

